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SEPTEMBER 2018

AARP tax preparation
Are You OK? wake-up program
Art du Jure!
Berkshire Writers Room
Bingo
Breakfast Club
Brown Bag
Card Games, Bridge, Pitch
Ceramics
Chair Caning
Coffee Shop
Comedy Dungeon!
Community Outreach
Computer Workshop
Exercise Classes-Osteo
Foot Clinic
From Stage to Screen
Gift Shop
“Hand and Foot” card game
Health Education Workshops
Income Tax Preparation
Information/Referrals
Knitting and Crochet
“Legal Education”
Line Dancing
Lunch Served Daily
Mah Jongg
Meditation
Molari Blood Pressure Visits
Pinochle
Poetry
Pool Tables
Quality Time Club
Quilting
Seasonal Celebrations
Scrapbooking & Card Making
Scrabble
Shake Your Soul dance-exercise
SHINE Medicare Counseling
Supportive Day Program
Tai Chi, Tai Chi w/ weights
Transportation
Traveling Friends
TRIAD
Volunteer Opportunities
Woodcarving, Woodworking

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Muse  Page 7

Activity
Socialization
Froio
Season to Taste!
Newsworthy

Perhaps we take for granted the convenience of finding our daily newspapers on the front stoop or in the mailbox. On September 4, give extra thanks to our delivery boys and girls on Newspaper Carrier Day, for it was on this day in 1833 that New York City news publisher Benjamin Day hired the very first paperboy, 10-year-old Barney Flaherty. Day’s advertisement looking for help requested “steady men” for the job, but Flaherty proved a sincere and hardworking lad. Soon, boys and girls could be found manning the city’s street corners yelling, “Extra! Extra! Read all about it!”

Nowadays, newspaper carriers are a rare breed. A 2016 study showed that in the United States, only two out of 10 adults get their news from an actual paper. More than half of us watch the news on television. But a recent 2017 survey showed that 67% of all Americans now get the latest news through social media outlets like Facebook and Twitter. Cell phones have dramatically contributed to this change, with 72% of Americans using their phones to find out the latest headlines. While many lament that print newspapers are going obsolete, there is some good news: journalism is actually getting better.

The world is better informed today than it has ever been. Thanks to cell phones, people can follow the news with a few quick swipes of the finger. Moreover, journalists have better access to the technology that allows them to uncover facts and stories, as well as to widely distribute those facts. So, the good news is that there is a lot of good news out there. However, with so much news out there competing for our attention, it has never been more important to check the news for ourselves and get our facts straight. While those printed newspapers delivered by our celebrated newspaper carriers undergo rigorous editorial processes, sometimes online outlets do not. Reading the news is a responsibility we should all take seriously.

Activity Connection, September 2018

The Young at Heart Show
Fewer Signs of Aging

They have more gray matter in their brains, a recent study finds

Researchers have found that people who feel younger than their chronological age show fewer age-related changes in their brains, compared with those who say they feel their age or older.

In a study published in the journal Frontiers in Aging Neuroscience, scientists from two South Korean universities performed MRI scans on the brains of 68 healthy people between the ages of 59 and 84. The subjects also took a memory test and filled out a survey, which asked whether they felt younger or older than their age. Their overall health and cognitive abilities were also assessed.

The scientists found that participants who felt younger had a greater amount of gray matter (which is involved in information processing) in key regions of the brain than did those who felt their age or older. They were also likely to score higher on the memory test and considered themselves to be in better health. And they were less likely to report signs of depression.

“We found that people who feel younger have the structural characteristics of a younger brain,” Jeanyung Chey, a psychology professor at Seoul National University, said in a statement. "Importantly, this difference remains robust even when other possible factors, including personality, subjective health, depressive symptoms or cognitive functions, are accounted for."

The researchers said they suspect that those who feel older may actually be sensing their own gradual loss of gray matter, which can make cognitive tasks more difficult.

"If somebody feels older than their age, it could be a sign for them to evaluate their lifestyle, habits and activities that could contribute to brain aging and take measures to better care for their brain health," Chey said.

By Patrick J. Kiger, AARP the Magazine, July 2018

Poetry
Mon @ 10:00

Shake Your Soul
Mon @ 10:30

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Quiz: Stress and Memory

How much do you know about how stress affects your memory?

1. You always know it when you're stressed out.
   A. True  B. False

2. Someone who's sad and withdrawn may also be stressed.
   A. True  B. False

3. All stress — whether short-term or long-term — is bad for you.
   A. True  B. False

4. Stress causes many health problems — and makes others worse.
   A. True  B. False

5. If you've been a high-anxiety person your whole life, there's not a lot you can do about it now.
   A. True  B. False

6. To get the stress-reducing benefit of exercise, you have to be willing to make major lifestyle changes.
   A. True  B. False

7. Meditation can help you dial down stress.
   A. True  B. False

8. If you're rested, you'll feel less stressed.
   A. True  B. False

9. Worrying a lot about little things also wreaks havoc on your mind and body.
   A. True  B. False

Answers

1. B. False
   Seems obvious, right? But some people, especially if they've been under stress for a long time, don't realize that a range of symptoms — head, back or neck pain, a racing heart, even maddening forgetfulness — isn't normal. They think it is just part of life. If this describes you, try to spot patterns by keeping a stress diary for a week or two. Write down any symptoms you feel, as well as what's happening in your life when you notice them.

2. A. True
   Thanks to a mix of genetics, hormones and cultural factors, stress affects everyone in different ways. Many people become agitated, irritable, anxious or forgetful — the stress symptoms that most of us know about. But some people shut down, space out, pull inward or even freeze up.

3. A. True
   Some stress is normal and necessary. The stress hormones — adrenaline, cortisol — released by the brain sharpen our attention and can spur us on to take much-needed action. But our bodies weren't designed to handle high levels of stress hormones day after day, year after year.

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Eat Like You Have Diabetes: 5 Tips for Healthier Dining

Chef Daniel helps us make smarter food choices

When he was a seventh grader in Washington, D.C., Daniel Thomas wrote in an essay that when he grew up, he wanted to cook for the president of the United States. And he's done exactly that.

The 30-year-old chef first learned to cook from the ladies at his father's church when he was 3 years old, and he was catering dinners for clients by the time he was 17. He has cooked for members of Congress, former President Obama and Vice President Biden, as well as celebrities from Aretha Franklin to Miss America, while working as a head chef of the U.S. Senate's executive dining room and the head banquet and catering chef for the U.S. Capitol.

But the thing he's most proud of has nothing to do with politicians or other boldface names in the news. Rather, it is about helping his father avoid diabetes.

"My grandparents were borderline diabetics, and when I was in my first year of college, my dad [Weldon, now 62] was told he was borderline diabetic," says Thomas, who calls his father — now retired from the Air Force and a pastor — "my biggest role model and inspiration."

By 2006, when Thomas was accepted into the Culinary Institute of America, one of the nation's most prestigious cooking schools, his father needed to test his blood sugar level daily.

So when Thomas began studying nutrition as part of his curriculum, he started helping his father improve his diet. "He would ask me, 'Is this OK to eat? Can I eat this?' and I would make suggestions."

The changes in his father's health were dramatic: He lost four pants sizes — "no more big papa bear tummy," Thomas says with a laugh — and began walking regularly on the treadmill and swimming at the Y. "He felt so much better and had so much more energy, he went back to school and earned a doctor of ministry," Thomas adds proudly.

Best of all, his father no longer needs the daily blood sugar tests.

Thomas, who now cooks for private clients and is AARP's Healthy Living chef, says he believes that "everyone should eat like they have diabetes. It works." He offers these five easy tips for making healthier choices:

Continued on insert page
Hello!

For many of you, this is my first opportunity to reach out to you and introduce myself. My name is Jim Clark, and in July of this year I was hired to become the Executive Director of the City of Pittsfield’s Council on Aging. I began my career with the City of Pittsfield in 2013, after returning back to the area from Afghanistan and a 33 year military career, when I was hired as a Teaching Assistant at Morningside Elementary. Flash forward a year and a half, I continued my career path with the City when I became the Director of Veterans’ Services, a position I held for nearly four years. During that period I was responsible for managing the state’s low income veteran program, assisting veterans and their families with benefits and support, organizing veteran related events, and working with other departments and external agencies on related projects. I currently serve on several boards, including the Pittsfield Disabilities Commission, Pittsfield Council on Aging and the Berkshire Community Action Council Board of Directors.

I am a Taconic High School graduate and also a graduate of the United States Military Academy at West Point, where I graduated with a bachelor’s degree in engineering and a minor in sociology. I reside in Pittsfield with my wife Lauren, a Pittsfield public school teacher, and our three Yorkshire Terriers: Peanut, Murphy, and Finnegan! I already know many of you either through my role with the Veterans’ Services, the school community, or over the years as my teachers, coaches, and friends of my parents and my family. It is truly an honor to have this opportunity to serve in this capacity and to give back to those who gave so much to this community over many decades.

So now that you know a little more about me, I want to know more about you!!! This is your Senior Center; I have just been entrusted with the keys to this remarkable gem we call the Ralph J. Froio Senior Center. Although the responsibilities that go with being the Director of the Council on Aging are far more than just operating the senior center, it is the most visible and most utilized aspect of my role. I want to ensure you that we will operate this center as a team, and that I am open to all suggestions on how to make this facility the best it can be. I have an open door policy, and you are all welcome to come to me at any time to offer your thoughts and observations. One person cannot rule the world; it takes all of us, working together, to make the Ralph J. Froio Senior Center a safe, secure and successful place for you, our seniors, to enjoy.

I look forward to seeing you around town and here at the Ralph J. Froio Senior Center.

With warmest regards,

Jim
Apple Picking Trip!

Friday, September 14th

$6 roundtrip fare.
Sign up in office

Join your fellow Froio-folks on an apple picking van trip to Hilltop Orchard in Richmond, MA. The van will leave the senior center at 10:00 a.m. and will return at 1:30 p.m.

Hilltop Orchard features:
Pick your own apples 1/2 peck $7, 1 peck $10 (10 lbs), 1/3 bushel $20 (20 lbs).
Pre-picked apples available in store.
Apple cider, lemonade, scones, apple cider doughnuts.
Tastes of Furnace Brook Farm wine.

In the Zone

Without the ozone layer to protect Earth from the sun’s harmful ultraviolet radiation, we would all be toast, which is why September 16 is the International Day for the Preservation of the Ozone Layer. In 1985, scientists discovered that the use of harmful chemicals was creating a hole in our ozone layer over Antarctica. Two years later, countries all over the world signed the Montreal Protocol, promising to end using such harmful chemicals. So the good news is that this holiday has been a success! The harmful chemicals that destroyed the ozone layer were banned, stopping further depletion of the ozone layer. Scientists now expect that the hole in the ozone layer could be entirely healed by the year 2060, as long as countries adhere to the ban—which means we get to keep on celebrating!

Activity Connection, September 2018

A Hum-Dinger!

September 7–9 brings the Hummingbird Migration and Nature Celebration as these tiny winged marvels make their way back to warmer southern climates. Hummingbirds, sometimes called hummingbirds, get their name from the sound their wings make. These birds flap their wings so fast—about 80 times per second—that they make a humming sound. Hummingbirds exist only in the western hemisphere; they range from southern Alaska to northern Chile and stop everywhere in between. Although they weigh less than a nickel, these tiny birds can fly up to 500 miles without stopping. So why not help them on their journey by putting out specially designed hummingbird feeders? These brightly colored feeders provide the sugary, high-energy nectar hummingbirds need to maintain their metabolism.

Activity Connection, September 2018
Labor Day Party
@ Meal Site
Tue, Sept. 4th
11:30 a.m.

New! New! New!
Atty. General's
Community Engagement Office

Got Questions?
Get Answers!
Fri, Sept. 7th
8:30 to 10:30

September
Breakfast Club
Thur Sept 20th
Kayla Winters,
Pittsfield Public Nurse, advises
us that our bodies need
winter tune-ups also!

8:00 a.m.
$3.00

Pittsfield Tree Watch
Nurture the roots of your tree interest!
Thurs Sept 13th
4:00 p.m. in
Coffee Shop

New Member Day
Find your way.
Let us know you're coming.
499-9346
Wed Sept 19th
10:00 a.m.

Legal Education
Have legal questions evaluated.
Thur Sept 20th

1:00 p.m.
By Appt
499-9346

Brown Bag Day
Fri Sept 28th
10:30

September Card Party
Got a strong hand?
Thur Sept 20th
Four-somes are best.
1:00 p.m.
$2.00

Molar Blood Pressure Clinic
By Appt
499-9346
Tue Sept 25th
Quiz: Stress and Memory

Continued from page 4

ANSWERS

When these hormones continuously flood the brain, they weaken blood vessels, kill off neurons and even shrink the hippocampus, a known risk factor for late-life Alzheimer's disease.

3. A. True

Some stress is normal and necessary. The stress hormones — adrenaline, cortisol — released by the brain sharpen our attention and can spur us on to take much-needed action. But our bodies weren't designed to handle high levels of stress hormones day after day, year after year. When these hormones continuously flood the brain, they weaken blood vessels, kill off neurons and even shrink the hippocampus, a known risk factor for late-life Alzheimer's disease.

4. A. True

When you're under prolonged stress, you may get sick more and you're at greater risk for a whole host of health issues — including hypertension, stroke, heart attack, diabetes and GERD (gastroesophageal reflux disease). You're also more likely to become obese and depressed — two major risk factors for dementia.

5. B. False

Stress may be unavoidable, but stress-reduction techniques, coupled with increased exercise and dietary changes, may slow or even reverse the damage caused by the stress of everyday life. A large retrospective study of over 13,000 men and women 40 to 55 years old published in the Archives of General Psychiatry found that those who were depressed at midlife were much more likely to develop dementia in late life. But here's the good news: Those who took steps to reduce their stress had no increased risk for dementia.

6. B. False

Exercise short-circuits the stress response by triggering the release of the protein BDNF (brain-derived neuropathic factor), which nourishes cell growth, as well as endorphins, brain chemicals that boost feelings of well-being, ease muscle tension and improve sleep. But you don't have to train for a marathon to reap those benefits. Studies have shown that only 150 minutes a week (that's 30 to 45 minutes, five times a week) of moderate aerobic exercise will do it. Walking briskly qualifies, so does jogging, swimming, biking, playing with your grandkids or even gardening. (But couch potatoes should start slowly, 10-15 minutes every other day, and check with their doctor first.)

7. A. True

Practiced regularly, meditation can reduce your stress level. It can also boost feelings of joy and serenity and increase your ability to stay calm and collected under pressure. There are many different types of meditation, so try several until you find one that feels right for you.

8. A True

People don't give sleep the credit it deserves. According to the National Sleep Foundation, sticking to a regular schedule of 7 to 9 hours of uninterrupted sleep each night is essential for easing tension and boosting the emotional stamina needed to deal with stressful situations. Promise yourself you'll go to bed and wake up about the same time every day. If sleep eludes you, don't toss and turn. Get up, read a book or listen to music until you start to feel sleepy. Avoid smoking, caffeine or highly acidic foods two to three hours before bedtime, and unplug from all technology — TV, computers and cellphones — at least 30 minutes before lights out.

9. A. True

Researchers at Ohio University in Athens, Ohio, found that dwelling on upsetting events ratchets up levels of inflammation throughout the body, leaving you more susceptible to age-related diseases, including dementia. If this sounds like you, schedule a worry break: Set aside 15 minutes a day to dwell on problems and concerns. When that time is up, though, tell yourself to STOP (or picture a large red stop sign). Or try keeping a "worry" journal for one week. You may be surprised by week's end how many of the things you lost sleep over never actually happened.

By Margery D. Rosen, AARP the Magazine, September 2018

5 Tips for Healthier Dining

Continued from page 4

Don't eat past 7 p.m. It's better for your digestion and metabolism. If you start feeling hungry later, have a healthy snack such as nuts or fruit.

Low-carb your burger. Get rid of the bottom bun and eat the burger open-faced. "That one little change slashes the amount of empty carbs."

Keep nuts in your glove compartment. Stuck in traffic and feeling hungry? High-protein nuts will keep you from stopping for junk food.

Do the avocado mash. Spread it instead of mayo on whole wheat bread for healthy fat, fiber and vitamins.

Nix the noodles in your chicken soup. Add quinoa or barley to boost protein and fiber. Serve with chopped fresh cilantro or parsley, a squirt of lime juice and a little hot pepper.

By Candy Sagon, AARP the Magazine, September 2018
September Senior Center Events

Everyday! 11:30 a.m. Meal Site
American uber-entrepreneur Jeff Bezos has allowed that, “There’ll always be serendipity involved in discovery.” Daily meal site attendees recognize their great good fortune in having discovered a gustatory sweet spot and a social haven. Enjoy! Reserve a day ahead, 1-800-981-5201.

Tuesdays! 12:00 p.m. SHINE (by appt.)
S.H.I.N.E. (Serving Health Insurance Needs of Everyone) counselors help you navigate the oft treacherous maze of health insurance programs. Call Froio at 499-9346, or Elder Services directly at 499-0524.

Tuesdays & Thursdays 10:15 a.m. Flexible Feet & Core Stability
Carol Bennett continues a limited-run engagement of her Flexible Feet and Core Stability program. It will be on Tuesdays & Thursdays, encouraging Froio folks to be limber and nimble, optimizing their fluidity of movement.

Monday, September 3 Senior Center CLOSED Labor Day

Tuesday, September 4 11:30 a.m. Labor Day Party!
The bad news is that it signals the traditional end of summer, but the good news is that the Labor Day Party is an opportunity for a last festive fling! We’ve got the party format down pat, and you know the drill, too. Join us! Call a day ahead to reserve, 499-9346.

Thursday, September 6 9:00 Foot Clinic is Back!
After a several months hiatus, Froio has taken strides to establish a new Foot Clinic! Lisa Christman, RN, will take over almost precisely where Sandra Doppell left off. As much as possible, we’ll try and keep the monthly scheduling intact. If you haven’t heard from us, please call 499-9346.

Friday, September 7 8:30 to 10:30 a.m. Attorney General’s Community Engagement
Take advantage of this new outreach effort by the Attorney General’s Community Engagement Office. Have a consultation regarding your civic or legal concerns. For these inaugural rounds at least, no appointments are necessary.

Monday, September 10 & 24 10:00 a.m. The Councilman is In!
The Froio Center hosts councilman Kevin Morandi’s invaluable “open office” sessions. His informal Q & As take place a day before City Council meetings, maximizing the potential for a responsive “public-to-council” conduit.

Thursday, September 13 8:00 a.m. September Breakfast Club
Martha Haughy, RN, will bookend the waning idyllic season. She gave us a summer prep-list back in June and this month she’ll outline winter tune-up tips that we can use to combat the flu battleground that awaits us. Breakfast Club; always delectable, always informative!

Thursday, September 13 4:00 p.m. Pittsfield Tree Watch
Tree Watch explores your deep-seeded tree interests. 4:00 p.m. in the Coffee Shop.

Wednesday, September 19 10:00 a.m. New Member Day Tour
Unearth the basic facts, and the nuances, of the Senior Center. There’s more than meets the eye and we relish the opportunity to convey the full essence de Froio. Let us know you’re coming, 499-9346.

Thursday, September 20 1:00 p.m. Legal Education (by apt.)
Attorneys from Pittsfield Family and Probate Court evaluate your legal issues. By appointment, 499-9346.

Thursday, September 20 1:00 p.m. Card Party
Author and philosopher Aldous Huxley was keenly aware that, “There are things known and there are things unknown, and in between are the doors of perception.” Monthly Card Party players operate in that exact “in between” zone, where extra-sensory acuity is a table plus. Bottomless coffee, prizes and snacks! Unless otherwise arranged, foursomes are best.

Tuesday, September 25 8:45 a.m. Blood Pressure Clinic (by appt.)
Molari Health Care monitors your blood pressure. Call 49-9346 for an appointment.

Friday, September 28 10:30 a.m. Brown Bag
Be a part of this monthly nutritional grocery program. Inquire about Brown Bag and SNAP benefits.
hospitalization, she began wandering at night, apparently because of a new pain medication, and fell twice in two days. In April, she developed pneumonia, necessitating a third hospital stay.

She’s doing better now, her daughter said. After physical therapy, Ms. Lewandowski can climb the stairs, with someone at her elbow, to her second-floor room. Her weight has stabilized. She enjoys spending time with her family and visiting the hair salon every other week.

But, Ms. Jones said, “we were hoping she’d be with us for a short period and then return to her apartment.” And that never happened.


The Young at Heart Show Fewer Signs of Aging

They have more gray matter in their brains, a recent study finds

Researchers have found that people who feel younger than their chronological age show fewer age-related changes in their brains, compared with those who say they feel their age or older.

In a study published in the journal Frontiers in Aging Neuroscience, scientists from two South Korean universities performed MRI scans on the brains of 68 healthy people between the ages of 59 and 84. The subjects also took a memory test and filled out a survey, which asked whether they felt younger or older than their age. Their overall health and cognitive abilities were also assessed.

The scientists found that participants who felt younger had a greater amount of gray matter (which is involved in information processing) in key regions of the brain than did those who felt their age or older. They were also likely to score higher on the memory test and considered themselves to be in better health. And they were less likely to report signs of depression.

“We found that people who feel younger have the structural characteristics of a younger brain,” Jeanyung Chey, a psychology professor at Seoul National University, said in a statement. "Importantly, this difference remains robust even when other possible factors, including personality, subjective health, depressive symptoms or cognitive functions, are accounted for."

The researchers said they suspect that those who feel older may actually be sensing their own gradual loss of gray matter, which can make cognitive tasks more difficult. "If somebody feels older than their age, it could be a sign for them to evaluate their lifestyle, habits and activities that could contribute to brain aging and take measures to better care for their brain health," Chey said.

By Patrick J. Kiger, AARP the Magazine, July 2018
The Illness is Bad Enough. 
The Hospital May Be Even Worse. 
The elderly are particularly vulnerable to “post-hospital syndrome,” some experts believe, and that may be why so many patients return.

When she moved from Michigan to be near her daughter in Cary, N.C., Bernadine Lewandowski insisted on renting an apartment five minutes away.

Her daughter, Dona Jones, would have welcomed her mother into her own home, but “she’s always been very independent,” Ms. Jones said.

Like most people in their 80s, Ms. Lewandowski contended with several chronic illnesses and took medication for osteoporosis, heart failure and pulmonary disease. Increasingly forgetful, she had been diagnosed with mild cognitive impairment. She used a cane for support as she walked around her apartment complex.

Still, “she was trucking along just fine,” said her geriatrician, Dr. Maureen Dale. “Minor health issues here and there, but she was taking good care of herself.”

But last September, Ms. Lewandowski entered a hospital after a compression fracture of her vertebra caused pain too intense to be managed at home. Over four days, she used nasal oxygen to help her breathe and received intravenous morphine for pain relief, later graduating to oxycodone tablets.

Even after her discharge, the stress and disruptions of hospitalization — interrupted sleep, weight loss, mild delirium, deconditioning caused by days in bed — left her disoriented and weakened, a vulnerable state some researchers call “post-hospital syndrome.”

They believe it underlies the stubbornly high rate of hospital readmissions among older patients. In 2016, about 18 percent of discharged Medicare beneficiaries returned to the hospital within 30 days, according to the federal Centers for Medicare and Medicaid Services.

Ms. Lewandowski, for example, was back within three weeks. She had developed a pulmonary embolism, a blood clot in her lungs, probably resulting from inactivity. The clot exacerbated her heart failure, causing fluid buildup in her lungs and increased swelling in her legs. She also suffered another compression fracture.

“These hospitalizations can lead to big life changes,” Dr. Dale said. Having grown too frail to live alone, Ms. Lewandowski, now 84, moved in with her daughter.

Dr. Harlan Krumholz, a cardiologist at Yale University, coined the phrase “post-hospital syndrome” in a New England Journal of Medicine article in 2013.

As Medicare began penalizing hospitals for 30-day readmissions under the Affordable Care Act, he looked at the national data and noticed that most readmissions involved conditions seemingly unrelated to the initial diagnoses.

Patients came in with heart failure or pneumonia, were treated and discharged, then returned with internal bleeding or injuries from a fall.

“Our general approach in a hospital is, all hands on deck to deal with the problem people come in with,” Dr. Krumholz said. “All the other discomforts are seen as a minor inconvenience.”

He has argued instead that discharge marks the start of a 60- to 90-day period of increased vulnerability to a range of other health problems, stemming from the stress of hospitalization itself.

“This is more than inconvenience,” he said. “This is toxic. It’s detrimental to people’s recovery.”

Any hospital patient, or hovering family member, knows those stresses: Disrupted sleep, as staff draw blood and take vital signs at 4 a.m. A distorted sense of day and night. Unappetizing meals often served at inopportune times.

Reduced muscle mass and poor balance following even a few days in bed. New prescriptions with unpredictable consequences. Shared rooms. Delirium. Pain.

“It affects your hormones, your metabolism, your immune system,” Dr. Krumholz said. “All these things have widespread effects,” leaving people depleted and less able to stave off other health threats.

The ripple effects vary considerably.

Researchers at Yale followed discharged Medicare patients after hospitalizations for heart failure, heart attacks and pneumonia.

Readmissions for gastrointestinal bleeding and anemia, they found, peaked four to 10 days after discharge. The risk of trauma from falls or other accidents, on the other hand, remained elevated for three to five weeks.

While post-hospital syndrome remains a hypothesis for now, research on several fronts may help establish its validity.

Donald Edmondson, a behavioral medicine researcher at Columbia University Medical Center, has pointed out links between the stress levels that heart attack victims report and their likelihood of readmission.

In a meta-analysis, he and his colleagues found that 12 to 16 percent of heart attack patients, most of them older adults, actually develop post-traumatic stress syndrome.

Continued on insert page
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By Victoria Passier
Senior Center Poetry Group

Here and There

Now begins the golden fall
with crimson leaf
that spreads here and there
among the green.
A chill wind or two
moves stealthily
here and there
past the hills.
Within this still
humid summer day
a glimmer of mauve
peeks out
right here
within the
family of sedum.
And there
a touch
of goldenrod glimmers
in a field of
dancing wildflowers.
Later that evening
a brisk column of
crisp autumn air
finds a home
here and there
through silvery shafts
of moonlight.
For thus begins the silent
slow motion unfolding of
summer's peak
into fall's reach
playing out in
drubs and drabs
for weeks between
the Queen Anne's lace
and the chicory
while the purple asters
wait patiently for the rest.
# September Calendar

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Senior Center</strong></td>
<td><strong>Meal Site</strong></td>
<td><strong>Labor Day</strong></td>
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<tr>
<td><strong>CLOSED</strong></td>
<td><strong>Daily @ 11:30</strong></td>
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<td></td>
<td><strong>Call a Day Ahead!</strong></td>
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<td><strong>1-800-981-5201</strong></td>
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<tr>
<td>9:00 Advanced Osteo</td>
<td>9:00 Woodworking 10:00 Chess</td>
<td>9:00 Woodworking</td>
<td>9:00 FOOT CLINIC! (by apt.)</td>
<td>8:30 Attorney General’s Community Engagement Office consultations</td>
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<tr>
<td>10:00 The Councilman Is In!</td>
<td>10:15 Flexible Feet &amp; Core Stability</td>
<td>9:00 Beginner Osteo</td>
<td>9:00 Beginner Osteo</td>
<td>9:00 Pitch, Knitting</td>
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<tr>
<td>10:00 Poetry</td>
<td>10:30 Meditation</td>
<td>10:30 Tai Chi</td>
<td>9:00 Ceramics</td>
<td>11:00 Comedy Dungeon</td>
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<tr>
<td>10:00 Brand New Line Dancing</td>
<td>11:30 Labor Day Party! @ Meal Site</td>
<td>12:30 Tai Chi</td>
<td>10:15 Flexible Feet &amp; Core Stability</td>
<td>12:30 Quilting, Woodcarving</td>
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<tr>
<td>10:30 &quot;Shake Your Soul&quot;</td>
<td>12:00 Tai Chi w/Weights</td>
<td>12:30 Chair Caning</td>
<td>1:00 Bingo</td>
<td>1:00 Bingo</td>
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<tr>
<td>11:00 Ladies Pool</td>
<td>12:00 SHINE 1:00 Bridge, Canasta!</td>
<td>1:15 Tai Chi w/weights</td>
<td>1:45 Beginner Tai Chi</td>
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<tr>
<td>12:00 Scrabble 12:00 Pinoccle</td>
<td>1:00 Art du Jure!</td>
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<tr>
<td>1:00 Mah Jong, Hand &amp; Foot!</td>
<td>1:30 From Stage to Screen</td>
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<tr>
<td>9:00 Advanced Osteo</td>
<td>9:00 Woodworking 10:00 Chess</td>
<td>9:00 Woodworking</td>
<td>8:00 Breakfast Club (special day!</td>
<td>9:00 Pitch, Knitting</td>
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<td>10:15 Flexible Feet &amp; Core Stability</td>
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<td>10:00 Brand New Line Dancing</td>
<td>10:30 Meditation</td>
<td>10:00 New Member Day</td>
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<td>12:30 Tai Chi</td>
<td>1:00 Card Party</td>
<td>1:45 Beginner Tai Chi</td>
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<td>12:00 Scrabble 12:00 Pinoccle</td>
<td>1:00 Art du Jure!</td>
<td>1:00 Legal Education</td>
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<td>8:45 Blood Pressure Clinic (by apt.)</td>
<td>9:00 Woodworking 10:00 Chess</td>
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<td>1:00 Art du Jure!</td>
<td>1:00 Berkley Writers Room</td>
<td>1:15 Tai Chi w/weights</td>
<td>1:45 Beginner Tai Chi</td>
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